

Community Connection & Support

Walk to END EPILEPSY

Join us for the largest epilepsy awareness events in the region! Held annually in local communities throughout Colorado and Wyoming, this family-friendly walk is a great way to connect with others and inspire the community to help end epilepsy!

epilepsycolorado.org/walk/

Circle of Friends (COF) support groups

Our support groups provide educational and emotional support in a positive environment for people living with epilepsy and their families. epilepsycolorado.org/support-networking

Peer Support Program

This is an adult mentorship program for those who want to share life experiences and form friendships.

call: 303-502-5979



Wyoming and Colorado Adults Redefining Epilepsy (We C.A.R.E.)

W(e) CARE members meet regularly and bring our mission to communities through awareness, service and support.

marcee@epilepsycolorado.org

Youth Council & Kids Crew

Provides local and national leadership opportunities to youth volunteers impacted by epilepsy.

marcee@epilepsycolorado.org

Camps (Ages 8-25)

Rock N' Rally (ages 8-12)

Our camps offer children, teens, and young adults the opportunity to receive support and encouragement in what they CAN do while experiencing the great outdoors of Colorado. Camps build confidence, friendships, and important life skills for those impacted by epilepsy. Prices vary for each camp and scholarships are available.

epilepsycolorado.org/camp/

Camp Never Give Up! (ages 13-17)

Purple Peaks Retreat (ages 18-25)



Education and Trainings



Epilepsy Connect Symposium

Our fall conference is designed for people with epilepsy, caregivers, and healthcare providers, and

offers education on a wide variety of topics including treatment options, research updates, wellness, and more.

epilepsycolorado.org/symposium/

Th1nk26

This free virtual educational series provides an opportunity for the epilepsy community to engage with each other and interact with experts in the field. This series is offered monthly over Zoom.

epilepsycolorado.org/th1nk26/



Seizure First Aid Training

We present live, instructor-led Seizure First aid Training and Certification. This 90-minute virtual class teaches how to recognize different types of seizures, respond with appropriate first aid, and understanding when to call for help.

epilepsycolorado.org/education-training/

Programs and Services

Mental Health Programs

Contact Larissa for more information about these programs:
larissa@epilepsycolorado.org or 303-502-5979

Information and Referral

This free program provides resources to ensure appropriate and accurate information for those impacted by epilepsy. The program empowers, supports, educates and connects those in the epilepsy community to inspire them to successfully manage their healthcare and lives.



Project UPLIFT

Project UPLIFT is a free, eight-week, Zoom-based skill-building group for adults living with epilepsy that uses mindfulness and cognitive-behavioral therapy to empower

those with epilepsy to improve their lives. Project UPLIFT is not a therapy or counseling group, but rather a group that teaches skills to help your daily life with epilepsy.

Preferred Provider Network

The Epilepsy Foundation trains therapists to work effectively with people living with epilepsy and seizures and will match clients with a therapist upon request. We also offer up to \$30 per session for the first eight sessions to help offset the cost of mental health services.

PACES

PACES is a free, eight-week, Zoom-based self-management program for adults living with epilepsy. Through this program, participants develop coping and goal-setting strategies that improve overall and specific aspects of life.

Emergency Assistance Fund

The Emergency Assistance Fund covers a wide array of financial assistance options for those who have been impacted by epilepsy.

Programas y Servicios en Español

Pueden contactar a Leigh si tienen preguntas sobre estos programas:
leigh@epilepsycolorado.org o 303-317-6884

Epilepsia 101

Este programa de educación es virtual y GRATIS y enfoca en diferentes temas relacionadas a la epilepsia.



Programa de Apoyo entre Pares

Este Programa es para personas de más de 18 años que se ven afectadas por epilepsia y empareja a un mentor y un aprendiz, donde el mentor puede compartir su experiencia de vivir con epilepsia para alentar y apoyar a otra persona en su viaje.

Información y Referencia

Contactenos si tiene preguntas sobre epilepsia, programas o recursos

Grupos de Apoyo

Grupo de apoyo en español para la gente con epilepsia se reúne el segundo martes de cada mes a las 6 pm.

Administración de Casos

Este programa gratuito implica la provisión de recursos para aquellos con epilepsia que buscan servicios de salud mental y seguro médico.



MES DE LA HERENCIA HISPANA
15 de septiembre- 15 de octubre